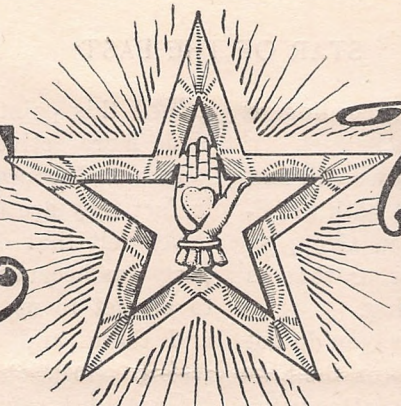


STAR OF THE EAST



A New Thought Journal issued monthly for the help of self and others by the practice of systematical concentration of mind; in Unity with the Universal Soul

VOL. I

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CONCENTRATION OF MIND, WHAT IT IS, AND WHAT IT DOES.

There has never been a time when concentration has not been demonstrated because it has always been active everywhere and in all things.

Since it is by the power of mind upon matter that all things shall reach their highest unfoldment we must understand it no matter how long it takes us and how many trials we have to pass through to know and express it.

All mankind practices concentration unconsciously, but it is not aware of the effect until it understands that the WILL has so much to do with the power which is set into motion by concentration.

Concentration cultivates the will and trains it to direct the mind and hold it upon subjects we wish to come in close contact with.

Concentration brings out the character and helps the soul to become conscious of its power.

Whatever our minds are held on that we will receive as we draw the vibrations which our minds attract to us, and it will become practical experience.

Concentration is the forerunner to the higher understanding of our powers, and therefore we will receive what we hold our mind upon.

Concentration will bring us to the plane of **poise** and we can be calm and peaceful in times of danger and confusion.

Concentration upon **youth** and **health** will bring it to us, and when we truly hold our minds upon youth and beauty we will become such as we suggest.

for the right purpose.

Concentration will make independence and individual strength and we will find if we live right and are true to ourselves we shall not find so much sorrow as we have found in our lives past.

Concentration upon the higher will bring us closer in contact with the higher as matter obeys mind.

Concentration will bring success to us if we live right and concentrate unselfishly; no one need be poor if he understands concentration and uses it

People who live in the vibrations of slander and ill doing will receive the consequences of their thoughts as there is no use in thinking that we can do ill and receive the well wishes of others, as it is law that we receive what we give. Those who condemn their brother will have nothing around them but **gloom** and **hardship**, as they live in darkness and confusion and it will have its effect upon everything in their lives. Those who truly desire peace and hold their minds in concentration upon peace will have such joy and happiness as cannot be expressed, but it must be experienced.

Those who desire financial success to **do good** with will have it if they understand the law which teaches us to master gold instead of to let gold master us. Concentration will bring us in contact with the vibrations of gold and it will be given to us.

Mind is the stronger to attract magnetism from that upon which we think than any other method, and this is the reason that concentration cannot be limited but must be extended to the contact with all things.

It is glorious to understand that by holding our thoughts upon Divine life we will become filled with great joy, which will bring to us everything we wish for.

Concentration opens the mind for higher understanding and it will bring the revelation to us of our own powers, and we will see that there is no one who can save us but our own selves and the thoughts

KINDLY READ THEN
HAND TO A FRIEND.

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which make the body move in action according to its directions.

We need not practice a long time until we will find the practical benefit from concentration both physically and spiritually, because it makes us strong so that we do not become moved by this or that as readily as we did while not understanding.

You who always find fault with others, you do not see your own shortcomings and you live on the lowest of planes. It does not matter if you flatter yourself with the belief that you are "far advanced" your deeds and words show where you stand, and others will do to you that which you do to them and there cannot be any other thing around you than pain and loneliness, because the vibrations around you are such that you drive everyone away from you, and there will always be occasions for excuses, and you will have to advance them, as you will never have success in anything you do, but only failures, and one tribulation after another, as it could not be otherwise.

It must always be remembered that the truth must be lived, in order to be known, and as soon as we understand that we have what we give we will see the importance of learning to live truer to ourselves and others than we have done in the past.

Concentration is a powerful remedy for pain and when we can see that the mind can give and take away pain, we will not need drugs as we do now but we will always have a far easier cure which will prove lasting if we say so, holding Divine life in our mind.

Concentration brings forth love for everybody and it takes away the hatred which is like a cancer eating humanity's happiness and peace away until man has drawn to himself all the gloom possible.

To concentrate for love and freedom from worry and mental thralldom will bring to us that which will totally change our lives, and we will soon see that we can have as much happiness as we desire because there is no limit. Knowing that concentration will bring all which has been enumerated above and much more. I am anxious that the world should know its power, practice it on a higher plane, and receive the happiness which can belong to us every moment.

The lower mind must be trained like everything else, and this is the reason why we need some training methodically which will make the results surer. Some people cannot hold their minds upon anything and the reason for this is that they have so much confusion about them which effects their thoughts that they cannot be still long enough to allow the mind to become concentrated upon one subject at a time but it flies here and there.

We must learn to calm ourselves and become masters over our emotions, and as soon as we have

gained this point we will find that power will become more active than before.

It is with concentration as it is with prayers, and in fact they are the same thing, the reason why we never felt that our prayers were answered in the past, was because we could not be still long enough to attract to us the answer, but we fluttered here and there and confused our own "aura" with strange vibrations.

One thing which is needed for us in order to have the benefit of concentration, which we can have, is kindness at heart towards our fellow man, as otherwise we are stirred up and confused at all times, and we will see nothing but gloom.

There is nothing of such importance to our happiness as brotherly love, and as long as we do not understand this we will seek in vain for the comfort which our souls are hungry for, and strife will follow us.

Brotherly love means peace at all times and under all circumstances, and if we can have that, we will always have success on this and other planes. Concentration is like the ladder upon which we can climb to higher understanding.

This little paper has as its mission to help mankind to understand the power which can be obtained from the orderly way of concentration and the happiness therefrom.

Concentration should be practiced in perfect confidence, affirming with all the power of our will that which we desire, not as a hope but as a certainty, and then leaving it out of our minds. After we have made our affirmations we must think of something else, and our concentrations will be demonstrated quicker.

Our minds should be free from anything which has a tendency to confuse it, and we must surrender with our whole being to the affirmations that we will have what we ask and it will be so.

Would that those who feel that they are forsaken could understand the power of concentration. They could then establish by concentration communication with those for whom they mourn and know that they are not dead, but they live, not far away but near us.

Would that the gifted understood the power of concentration, then they could express more than under any other condition.

A day shall come when the musician shall know the Divinity of his power and that he can express it stronger than ever by the power of concentration; the Sculptor shall understand that by concentration he shall be able to better mold the human figure in its true Divinity than he can do without it; the speaker shall speak the more forcibly than he ever did when he understands that by the concen-

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tration he gathers force from the Universe.

The singer shall sing better and more in harmony with the Divine law when she understands to unite her forces by concentration.

The financier shall be able to better master his problems when he understands the power of concentration, because not understanding it we lose our forces by having our mind scattered.

When the financier understands the power of concentration he shall no longer desire to "get rich," but he shall long to help humanity by the gold he accumulates.

When aristocracy understands the power of concentration there shall be no more aristocracy, but all men shall then work to help self and their fellowmen. When the clergy understand the power of concentration they will know that their advocacy of creeds and dogmas cannot hold the masses in dogmatic darkness but they will see that every soul must save itself, and the thoughts (although they might be unconscious) will bring the masses to its standard, where it shall see that the religion by the grace of God is instituted by man and is not in harmony with the law of wisdom.

Know ye that the power of concentration will bring thee to the height of glory never before understood. If you feel that you cannot concentrate your mind and hold it on a subject try anyway, and you will be rewarded with success in the end.

Let all of us unite in the full strength of our minds for the success both **mentally** and **bodily** of all who have the happiness of the race at heart, and we will see that **light** and **understanding**, as well as success and happiness will follow us wherever we go.

Beloved Reader, When this paper goes to press we have but a few short days left of the old year, a year which has been filled with introductory events, great power has come closer to us than ever before, and it means the materialization of grand things; **1905** is a mystical year which came to us with hidden possibilities which will be expressed in years to come and the light of the spirit will shine stronger for every moment of the year just at our thresholds, let concentration be your guide and let your own judgment precede your actions and you will find great and wonderful help from it.

This little paper shall continue to carry the glad tidings to humanity, and we ask your heartfelt cooperation during the new year as we have received it during the old, and you will do a grand work for humanity by practicing and advancing soul growth.

The new year will be a blessed year on the one hand and a terrible year on the other; but the power of mind directing to live the Christ principles will place us on the mount of glory, where we shall see and live nothing but happiness, and the light of our

higher selves shall shine in our pathways and others. **With love's greetings we wish a blessed and happy new year to all our readers.** EDITOR.

MESSAGE.

"Beloved:—

A new period is at hand and wonderful things will come to pass to those who have their spiritual eyes opened to see the events that are now at the threshold of mankind, the brotherhood will be nearer than before to help those who are in the struggle for the truth.

The light from on high shall shine stronger on the pathway of the seekers and they shall have more understanding as to life and the part which they must take in it.

Know ye that the soul is not confined by measurements or by time but it can visit others on the soul plane and this will give more understanding to mankind than any other way of communication, and this being so let all whom have awakened to the knowledge of the grandeur of life on different planes rise in their might and become lifted out from the darkness surrounding them and holding them imprisoned in their lower selves. Know ye that by truth all things must rise to their higher planes as the power of the spirit in all things cannot be known as long as the mind is confined to the visible alone.

Let the united mind be active for success in all exterior undertakings for the coming 30 days, from the 30th of December to the 30th of January, 1906, as there will be great confusion in material centers, but mind will succeed in bringing forth that which is to advance the cause of the enlightenment; let there be Unity in purpose and harmony in action, and wonderful revelations will come unto thee and the joy which thy soul longs for will be thine, be with us and we will be with thee to help thee overcome the lower and realize thy inborn greatness."

Thy Brother.

LESSON FOR SUCCESS IN ALL EXTERIOR UNDERTAKINGS.

I am in spirit, for spirit, and of spirit, and all things of matter shall rise higher by the power of the spirit and as I am spirit, it shall serve me, Amen. Principal days for this concentration are Thursdays, Fridays and Saturdays, bet. 6 and 7, in the morning, 9 and 10 in the evening, time five minutes, breathings ordinary deep out, and in-breaths in standing position. Concentration on Wednesdays 6-7 a. m. 9 and 10 p. m. for mental strength, breathing inhalations very deep and mild exhalations.

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Please do not miss, but be regular, and we shall all meet at the **fount of life** and be taught lessons by which we shall gain wisdom.

QUESTION BOX.

Questions contributed.

Q. What do you mean by virtue?

A. By virtue in a general sense from the viewpoint which the world looks at it is meant "purity" the contrary to vice.

When the word Virtue is used in writing or in mottoes we do not mean it as it is used by the world at large, but as the virgin power in all things the strongest, the Purest and the most positive, the word virtue is the symbol of God.

Q. What effect will concentration have upon those who are insane?

A. Power can be brought to bear upon them to restore their reason by recognizing Divine life and hold it in your mind often while you think of those who have lost their faculties for the time being and they will be restored.

Q. Is concentration and Telepathy one and the same thing?

A. No, Telepathy is to establish communications with people from a distance, and receive answers; concentration is to hold the mind on things as well as people unconscious to them of whom we think.

Q. "Do you believe that we shall come back in lower things for other bodies"? No, not in lower but in better matter for each time we change bodies.

Q. "Shall the earth be destroyed when the Melchizedek comes?"

A. No, nothing can be destroyed, but there will be changes in people, their beliefs and things and everything will commence a new period during which earth as well as its beings shall become more spiritual and demonstrate it more than it is now, but earth shall remain until it has evolved to its highest destiny by evolution.

Q. "Do you believe that Christ shall come in the Sky bodily?"

A. We cannot accept the teachings to that effect, as it is not in harmony with law, but it is the symbol of the spiritual demonstration from on high, which must become expressed in, and through all beings and things. Heaven and earth work together for the demonstration of the Christ principle, and all spiritual virtues belong in the higher planes, and this being so, Christ the higher principle shall and

must come from **on high** and cannot express as well in the lower, and therefore it is figuratively spoken when it is said that "Christ shall come in the sky, and his Angels with him."

Q. What kind of year will 1906 be?

A. Answer to your question, dear friend, will be given in our next issue, as an outline will be given prophetically, of some events which will take place, both spiritually and materially, particularly regarding the peace of different Countries.

Questions contributed should be handed in to our manager the first week of each month in order to be published the same month.

Special Notice. Owing to delay with our new book, "A soul's travels among the flowers," just out from the publishers, we have been obliged to remain in this place longer than we anticipated, and our dates will be later in each place previously announced, but we will give our lectures in all the places as stated in our November issue, commencing in Bellingham.

EDITOR.

"Beloved readers: My greetings with love, light, power, plenty and peace be within and around thee during the year of 1906!"

ALBA ODEGAARD."

ANNOUNCEMENTS.

Books of the Masterthought Library.

One course of Illustrated lessons in the Hindoo system of breathings, bound in cloth, single copies, \$5. One course of seven lessons in suggestion and concentration, single copies, \$2.50. Both courses together, \$6.50. "A Soul's Travel Among the Flowers," a most remarkable account of the experience of the soul while absent from the body for ten days, bound in cloth and stamped in gold, a beautiful present to your friends. It contains 215 pages.

PAMPHLETS, "A SOUL'S TRIUMPH OVER DEATH" and **"A KEY TO THE HIGHER LIFE,"** for sale now. **"A KEY TO NATURE'S TEMPLE,"** now in preparation, will be sold to ordained members only. Write to the Star of the East for particulars.

FOR THE BODY.

An Ointment prepared from oils and electrified in meditation as well as a lotion, prepared by the direction of the Masters for the **feeding** of the **nerves**, and **softening** of the **skin**, helping the body to **inhale finer powers from the atmosphere**, it is wonderful for all kinds of eruptions on the body, healing them instantaneously.

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After reading this paper, send it to your friend.

Editor Lectures Sundays at 11 AM
& 8 PM. in Hall No 2 Mulkey Bldg
N-E, Cor. 2nd and Morrison Free.